

Elist Discussion on UTIs (Urinary Tract Infections)

10-15-12, from Rita:

I have a client with reoccurring UTIs. I am aware that a UTI is a contraindication to entering the pool. Can someone tell me how long my client should refrain from entering the pool? Would the answer be until fever is gone or until infection is gone?

From Molly:

Why would a UTI keep a person out of a pool once treatment has begun?

From Rita:

A UTI is an infection and it is a contraindication to Aquatic therapy. To clarify, when I say "entering", I mean from participating in pool activities.

From Bruce:

A lower urinary tract infection (cystitis/bladder infection) is not a contraindication to pool work. If a client has a fever, that speaks to renal involvement (nephritis or pyelonephritis,) as bladder infections alone won't cause a fever. I think any fever is a relative contraindication to exercise in general. I'd await defervescence (abatement of the fever) for at least a day or so and perhaps even wait until the client is several days off all illness-related medications including aspirin so nothing is being masked.